A DELICIOUS ALTERNATIVE TO GRAIN FLOUR

To create **Let's Do...Organic® Green Banana Flour**, we pick and peel young, organic green bananas before most of their starch has a chance to ripen into sugar. We dry them carefully to protect their mild flavor and to maximize their resistant starch, praised by nutritionists for promoting a feeling of fullness, while supporting friendly digestive bacteria. Finally, we mill them into a fine, gluten-free flour, well-suited to many special diets.

Baking with **Let's Do...Organic® Green Banana Flour** will impart a smooth texture and subtle, delicious flavor to cakes, pastries and more. When replacing grain flour in baking recipes, use 25% less green banana flour (example: if your recipe calls for 1 cup of wheat flour, replace with 3/4 cup of green banana flour). No extra eggs or liquid ingredients are needed.

Let's Do...Organic® Green Banana Flour has many other uses. Stir it into a favorite gravy or sauce to thicken and enhance nutritional profiles. Or simply add it to your shakes and smoothies for added iron, potassium and beneficial resistant starch. Tasty, versatile and nutritious, **Let's Do...Organic® Green Banana Flour** is sure to become a cherished addition to your pantry. Try our recipes and experiment with your own. Enjoy!

Alison's No Bake Banana Bites Recipe

Ingredients:
- 3 Tbsp Let's Do...Organic® Banana Flour
- 3 Tbsp Native Forest® Organic Coconut Oil
- 1 1/2 Tbsp cocoa powder
- 3 Tbsp nut butter (we like cashew)
- 3 Tbsp agave syrup
- Let's Do...Organic® Shredded Coconut for rolling balls in
- Optional: Chopped almonds, walnuts, pecans, raisins, dried cranberries...

In a bowl, combine all ingredients (minus the shredded coconut) and mix well. Refrigerate for 10-15 min. if a little too thin to roll into balls. Sprinkle shredded coconut onto a plate. With a tablespoon, take batter and roll into balls. Then roll the balls in the shredded coconut until well coated.

Refrigerate and enjoy! Yield: 4-8 tasty bites (depending on size).

See more recipes at bananaflourrecipes.com

USDA ORGANIC

Organic certification assures you of sustainable farming practices, which nourish soil, protect biodiversity and provide a premium to farmers. Consistent with our company policy, organic certification also prohibits the use of GMOs, artificial colors, preservatives and other unwelcome ingredients.

LET'S DO...ORGANIC®

ORGANIC GREEN BANANA — FLOUR —

Nutrition Facts

Serving Size 2 Tbsp (15g)
Servings Per Container about 26

Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 10mg	**0%**
Potassium 90mg	**3%**
Total Carbohydrate 13g	**4%**
Dietary Fiber less than 1g	**0%**
Sugars 0g	
Protein less than 1g	
Vitamin A 0% •	Vitamin C 0%
Calcium 8% •	Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

Ingredients:

Organic Green Banana Flour.

Green Banana Flour is a gluten free food.

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Certified organic by QAI
Certified kosher by Kehilla Kosher

Questions? Email custserv@edwardandsons.com

PRODUCT OF INDIA

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FIND RECIPES AT BANANAFLOURRECIPES.COM

CONTAINS ABOUT 2 CUPS BY VOLUME

NET WT 14 OZ 396g

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